Distressing Thoughts Conversation - Practice worksheet

Describe the distress, impact on daily life, and support wanted; do not investigate or act on a feared explanation during the exercise.

Adults; supported use as appropriate | 15 minutes

Fictional example: Casey feels unsafe after a confusing interaction and wants help discussing it.

Use an ordinary or fictional example, with a clinician when appropriate. A clinician can explore distress without arguing about beliefs or endorsing unverified interpretations.

Practice task

Describe the distress, impact on daily life, and support wanted; do not investigate or act on a feared explanation during the exercise.

1. My chosen or fictional situation, and what I know about it:

2. My response to the practice task above:

3. What would help you feel heard while uncertainty is explored safely?

4. An optional next step, support, adaptation, or reason to stop:

Scope and adaptation

Original IMR-informed companion exercises, not the official IMR manual, fidelity assessment, or complete IMR program. Use collaborative clinical assessment and existing care plans. Do not change medication independently, challenge distressing beliefs through confrontation, or use worksheets to determine urgency. Increased or concerning symptoms need appropriate clinical assessment.

Original AI-assisted educational draft; independent clinical review pending. Version 1.0. Background: Illness Management and Recovery Evidence-Based Practices KIT. Full source links and scope: library.morethantherapy.org/recovery/resources/IMR-A10-2